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■ PERSONAL ACCOUNT: Laura Lane tells story of her daughter's cancer

## Two mothers, one prayer



SUPPLIED PHOTO

Laura Lane, her daughter Celeste Templeman, Celeste's friend Hayley Filippini, and Hayley's mother, Laurie Nersten in June 2012.

**CHERYL CLOCK**  
QMI Agency Niagara

They made an agreement before she died.

"You have to do something so that I know you're there," said the mother.

They had shared many conversations about death, and this time they decided she would become mommy's little guardian angel.

One year ago, on Feb. 24, 2013, Laura Lane's 14-year-old daughter, Celeste Templeman, died of a rare brain cancer.

Gone, yet Laura still feels her presence.

"She rubs my back," says the Fonthill mother.

"And I know she's there. She's watching over me."

"I have that feeling over and over again."

Laura misses her terribly, but the sensation brings her comfort, Peace.

See LANE on Page 2

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# UPFRONT

■ **EDUCATION:** Students compete in electrical wiring challenge

## E.L. Crossley represented well at challenge

MELISSA MANGELSEN

Pelham News Staff

E.L. Crossley student Travis Gabryelski will be moving onto the provincials for the DSBN Electrical Wiring Challenge.

The regional challenge was held Friday at E.L. Crossley.

Brad Kelly and Josh Loewen, also of E.L. Crossley placed second and third at the challenge, continuing a streak of strong electrical performances from students at the school.

It has won five provincial and two national medals in the Electrical Wiring Challenge in the past and now Gabryelski will have the chance to add a sixth provincial medal.

Marc Demers, teacher at E.L. Crossley, said the challenge takes some of the best students in the DSBN to recognize outstanding performances and professionalism in the field of electrical wiring.

"Everything done in this challenge pertains to anything you would find in a residential setting. It includes baseboard heaters, electrical or wired smoke detectors," said Demers.

Participants were expected to perform the assigned task from given drawings and specifications while conforming to the rules and regulations of the Canadian Electrical Safety Code.

Demers said they are pushing for more women to get involved in the trades and had Grade 12 student Jessica Miller participating in the challenge.

E.L. Crossley has won five provincial and two national medals for the Electrical Wiring Challenge.

The school was also host to the DSBN Regional Photography Challenge on Friday too.

The Photography Challenge tested, evaluated, and educated competitors in the necessary skills needed

in today's world of always-changing photography, with particular emphasis on digital photography. Skills and knowledge to be tested was the photographic eye (composition, graphical elements, creative controls and selection of details), digital capture (ability to capture digital images in any file format to create the desired end result), digital production (editing, retouching and manipulation of images), digital output (correct sizing, colour, space, and format for the desired output source, including creating a digital contact sheet) and professionalism (attitude and presentation of prints).

Results for the photography challenge have not yet been received. Students will receive their medals from the regional challenge at a DSBN technology banquet held in April.

melissa.mangelSEN@summedia.ca



MELISSA MANGELSEN/PELHAM NEWS STAFF

Jessica Miller, Grade 12 student at E.L. Crossley, takes part in the District School Board of Niagara's Electrical Wiring Challenge 2014.

■ **LANE**

## Mother pens book about surviving child's cancer

From Page 1

"It's the hardest thing I've ever had to do," she says.

That and writing the final chapter of a book she started working on when Celeste was better and life was easier.

Two Mothers One Prayer: Facing Your Child's Cancer with Hope, Strength and Courage, tells the story of Celeste

and her friend, Hayley Filippini, a teenager from New Jersey who has the same type of cancer as Celeste.

The girls became friends, and the mothers — Laura and Laurie Nersten, the book's co-author — prayed for each other daily and supported each other through joy and sadness, love and loss.

The book details the journeys of both girls, shares the e-mail exchanges between mothers, and outlines five strategies to help parents cope when they have a child with cancer.

It took Laura the better part of a year to write the final chapter — what happens when your child dies.

"I had to get the courage to put that on paper," she says.

"By writing it out, the tears that came were also very healing."

This month, Laura launched an Indiegogo campaign to raise the \$25,000 needed to fund the book's independent publishing and marketing costs. To date, she

has raised close to \$5,000. The campaign ends Monday.

Her goal is to achieve 20,000 pre-orders of the book, at \$20 each. She hopes to release the book on what would have been Celeste's 16th birthday, June 8. Half of the proceeds will be donated to help pay Hayley's medical bills.

"It just has the ability to touch many many lives," Laura Lane says.

cheryl.clock@summedia.ca

To learn more about Laura Lane's book and to donate to the campaign to fund the cost of independent publishing, visit [www.twomotherSONEPRAYER.com](http://www.twomotherSONEPRAYER.com)

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# LOCAL NEWS

■ **MUNICIPAL PLANNING:** Rice Rd. and Hwy. 20 intersection poised for major change

## East Fonthill development has a vision

MELISSA MANGELSEN  
Pelham News Staff

A vibrant picture of a thriving hub has been painted for the southwest corner of Rice Rd. and Hwy. 20.

The Town of Pelham released its draft east Fonthill master plan draft after a year and a half of work.

"We started working on this in June 2012, but the major delay was the OMB process. It has been approved at that level and we can now move forward with the first phase," said Pelham Mayor Dave Augustyn.

The draft master plan was

received by town council on Tuesday and is now ready for discussion and public input.

This is really just the first draft of the master plan. It includes the town's own land and 20 acres of the developers' land," said Augustyn.

Proposed on the town's plan is a medical clinic, retirement home and a placeholder, which will proceed as the town decides what it's going to do regarding a new multi-functional community centre.

When the town looked at the area at east Fonthill it agreed it didn't want big-

box businesses to sprout up there. As it's a gateway to Fonthill, the mayor and council felt they had a com-

mitment to the community to keep a small-town feel, but while growing the community.

"Our intention is to develop links in the community. We have a plan for a lot of trails that would link the east Fonthill development to Fonthill. We don't want this to take away from the downtown at all, or negatively impact existing businesses. We want this development to complete the community," said Augustyn.

The draft master plan is an urban design that follows the same structure of the downtown guidelines and emphasizes building elements, orientation and placement, height and massing, storefronts for retail and mixed uses, prominent visual site treatments, roof lines, material quality, colour and detail, signage, access, parking and service areas.

Augustyn said it is hoped that Phase 1 will come to council in April so utilities can begin going in late summer.

"If everything goes as planned we could see structures going up in there next spring," said Augustyn.

He said this could end up being a three-phase project.

"We wanted to get this master plan draft out there as quickly as would could to let people know what we've been working on over the last year and a half," said Augustyn.

Though no names have been released for retail business, Augustyn said it's only a matter of time before those are announced.

melissa.mangelsen@pelham.ca



SUPPLIED PHOTO

The Town of Pelham revealed its east Fonthill development draft master plan on Friday. The plan shows what the area along Rice Rd. and Hwy. 20 could look like once development begins.



SUPPLIED PHOTO

The Town of Pelham revealed its first draft of the east Fonthill development master plan. The draft is the first visual look at what the area could look like. Additional photo online.

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## Draft site master plan helps maintain small-town feel

 MAYE AUGUSTYN  
 Mayor Town of Pelham

**A** four regular meeting last week, Council received three presentations regarding a draft Site Master Plan for most northern portion of the East Fonthill land, approximately 54 acres South of Regional Road 20 and West of Rice Road.

Wanted to ensure that new development maintains Pelham's small-town feel and to make the best use of the 32 acres of Town-owned land at the corner of Regional Road 20 and Rice Road, Council directed staff, in April 2013 to begin developing a joint Site Master Plan for the Town's lands and approximately 22 acres owned by the Allen Group.

Representatives of the Planning Partnership (the firm that helped develop the recently approved East Fonthill Secondary Plan) unveiled concept drawings that outlined various possible permitted uses for these lands including institutional-medical, retail, retirement, community centre, mixed-use commercial, townhomes, single-detached residential, mixed-use residential and parks and trails.

Aiming to provide complete streets, which accommodate pedestrians, cyclists and motorists, the draft Plan incorporates roundabouts, trails, environmental areas, parks and public squares that complement the Town's urban design guidelines. The draft Plan also links the area to Downtown Pelham via a tree-lined road extension to Pelham Town Square. (Please review the draft Plan at [www.pelham.ca/east-fonthill](http://www.pelham.ca/east-fonthill).)

Then, David Allen of the Allen Group outlined preliminary first phase of the development.

The 30,000 square foot medical facility that includes family doctors, specialists, minor surgery, pharmacy, laboratory, physiotherapy, optometry, radiology, geriatric clinics, health and wellness clinic, nursing and nurse practitioners; an approximately 120 unit senior's complex offering independent and assisted living options;

an 80,000 square foot commercial retail complex that includes a grocery store, fast food establishments and various other retailers.

This first phase could also accommodate a potential multi-purpose community centre and/or arena (pending public feedback and Council decisions this Spring).

Council also received an overview of the legal agreement(s) that are being created to help facilitate the development: a servicing agreement that would follow the Town's procurement by-law; a sale of lands or land swap agreement that would respect the Municipal Act's "anti-bonusing" provisions and provide a "net benefit" to the Town; and the use of an outside party to recommend Planning approval documents to Council.

Next steps include reviewing and approving the Site Master Plan, and amending the Town's Official Plan and Zoning By-Law. Pending such approvals this Spring, utility construction could commence as early as late Summer 2014.

During this exciting time for Pelham, our priority is to continue to balance the needs of our residents, our small town feel, Council and I hope this draft Site Master Plan will help us to achieve that vision.

You may contact Mayor Dave at [mayordave@pelham.ca](mailto:mayordave@pelham.ca) or read past columns at [www.pelhammayornews.blogspot.com](http://www.pelhammayornews.blogspot.com).

# PELHAM NEWS

## Big town numbers, small town look at feet

 BRIAN BATEY  
 Niagara Regional Council for Town of Pelham

**I**t has been interesting following the discussions and presentations at Pelham Council about the east Fonthill development. Much has been said about maintaining a small town atmosphere as this development emerges. For some time it has been interpreted that this development will mirror the existing village of Fonthill. Provincial policy in place today prevents this but the town council and the developers are attempting to utilize modern planning practices to soften the impact of higher property densities. The Province of Ontario introduced the Greenbelt Act almost a decade ago. That policy ensures that urban areas do not expand and communities are directed to utilize existing urban boundaries or infilling for expansion. In some communities, such as St. Catharines, that has limited urban expansion capability, the growth is to be vertical. This act was followed by the Places to Grow Act which directed growth in communities and placed more higher density quotas to prevent further urban sprawl into the suburbs. I have been told that the current housing

density in Fenwick and North Pelham is three housing units per hectare. Fonthill, including rural properties is four housing units per hectare. The Places to Grow policy requires a density of 12 housing units per hectare.

To put this into a personal perspective, my neighbours and I on Memorial Drive have a little over three acres for our three properties. The Oak Haven development on our rear property lines is proposing seven triple unit townhouses just 50 feet from the property line with basement walkouts. Another seven triple units will be built facing them. This demonstrates the magnitude of the density issue and has the property owners in Cherry Ridge quite concerned.

However, there are mitigating factors that can soften the impact of density. Those that can remember the original expansion of Victoria Avenue (Regional Road 24) through Stirling can remember a straight roadway where it was virtually impossible to maintain the speed limit. We now see dog's legs, chicanes, curb bumpouts, bicycle lanes and medians that, along with landscaping, have significantly altered the look and feel of that roadway. Those are the types of visual cues that can be incorporated

into new high density developments.

At the last Pelham Council meeting the developers made a visual presentation of the proposed east Fonthill development. While high density townhouse and small detached single lots were there, so were mixes of institutional uses, commercial uses as well as curved roadways with bicycle paths, sidewalks, greenspaces and roundabouts to provide traffic calming. The building designs and the materials used can all be designed to lessen the visual impact of the buildings. The main central roadway is planned to integrate with the Peace Park area and be tree lined to invite citizens to enjoy the walkability features in the design. The Town Council and the developers should be encouraged to use every technique available to provide a smooth integration of the old and new. So far we should be pleased with the results. I encourage all to attend open house sessions where these designs are presented.

Brian Batey is a Niagara Regional Councilor for the Town of Pelham who presents regular reports and attends delegations and presentations at the Town of Pelham Council meetings. [brianbatey@niagararegion.ca](mailto:brianbatey@niagararegion.ca)

## readers' views

### PELHAM AND WELLAND SHOULD UNITE ON NEW ARENA

The Town of Pelham and the City of Welland should look into building an arena complex to be used by both communities. There is little vacant land left between both Pelham and Welland for development. They both need new arena facilities. Privatization would not be the proper route. The Pelham arena is outdated and so are Welland's arenas.

Take the route St. Catharines did, the fourplex.

A pool is a wasteful expense. A community centre is more logical. There are many venues that the arenas could be used for besides hockey, figure skating and public skating. Old-timers hockey is thriving. Many players have to rent ice in other arenas to play.

A community centre would be a good option at the site for everyone to enjoy. Groups are always looking for space to use for various events. Shared expenses and revenue would have to be reworked.

The existing Pelham arena would be a suitable site for the Town of Pelham's operations department. Offices could be moved into the existing arena hall. The municipal office staff is in dire need of room in Pelham. Rice Road and Hwy. 20 is an ideal location for this arena complex.

Your comments and other ideas

would be greatly appreciated before the first shovel is put into the ground. Speak up, it's your money and the town is getting larger.

 RONALD WINNICKI  
 FENWICK

### STATE-OF-THE-ART HOSPITAL?

Just recently, my wife and I (Hanssen/Brady) was a patient in your hospital on the third floor at the Station C palliative care unit in St. Catharines. The nurses were very polite and obliging. I have no complaints. During her stay, I provided her bedside care and looked after her 24/7. As a "retired nurse" I thought I would give the nursing staff a break, which I know was very much appreciated by the staff.

During my stay with my wife 24/7, I was amazed and irritated over the intercom system in the room that my wife was staying in. And to my amazement, all the patients' rooms were the same. I became very irritated during the night trying to sleep and out from a blaring intercom (in the patient's room) comes "Code White" or "Code Blue" and so forth. And saying it repetitively three times. You were rudely interrupted from your sleep. And just when you get back to sleep, the same scenario. This must also be very irritating to all the patients.

As a nurse at "the old" Welland hos-

pital for 35+ years, the intercom system was in the halls. I had no trouble hearing the codes from in the patients' rooms. So whoever designed the intercom system in your state-of-the-art hospital was not thinking of the patients at all.

Is sleep not a part of getting well? Maybe, the designer was thinking he was designing a state-of-the-art office building?

P.S. Your hospital is very beautiful. But maybe think more of the patients when designing your Niagara Falls state-of-the-art hospital.

 DON BRADLEY, RPN (RETIRED)  
 FONTHILL

### RE-PERMISSIVE GRANTS

Pelham Cares is very pleased that the Fonthill Lions' Club will be receiving \$8,000 from the Town of Pelham to purchase an electronic sign, and we are equally grateful to be given a permissive grant of \$9,600. The Town of Pelham has been very supportive of Pelham Cares during its 30 years of service. However, we would like to clear up misinformation regarding Pelham Cares' finances, which was provided to the public and included in an article in last week's issue.

Continued on next page



## readers' views

### From previous page

During the Town Council meeting of Feb. 10, it was stated that since Pelham Cares is operating with a substantial surplus in its operating budget, it should not be receiving funds from the town. While it is true that Pelham Cares has a surplus in its operating budget, this is temporary since within the next few weeks, funds will be transferred to our capital building fund as part of our down payment for the purchase of Pelham Cares' new home. Pelham Cares is in the middle of a capital campaign, as there is still a need for funds to finance the purchase.

At Pelham Cares' annual meeting last year, our auditor praised this community service agency for having its expenses go down from the previous year and its net assets have increased since 2008, thanks to the support received from the community. He stated that it was rare to see a reversing trend like this and commended every one involved for their great work. We take very seriously our responsibility to the donors who have trusted us to use their donations wisely.

The fact that our non-profit organization is a volunteer-driven charity allows us to keep our administrative costs well below 10%, which is well below the norm of other similar Ontario non-profit organizations. We are very much a vol-

unteer working board, and with a whole host of tremendous volunteers, we work tirelessly in order that our services can be carried out.

These volunteers include our drivers who ensure people are able to get to their medical appointments, as well as those who date-check, sort and pack the volume of food that is donated, in order to provide food security for those in need. Pelham Cares operates with two part-time employees who arrange for the medical drives, screen clients and receive requests for food orders and utility subsidies. The majority of our occupancy costs are attributable to our food assistance program to provide storage for the large amounts of food that come to us through the Annual Community Food Drive, as well as donations received throughout the year.

Pelham Cares operates on donations and support such as the permissive grants, but it does not receive any sources of steady funding. You, the community, are our steady source of funding, and we thank you for that. Please be assured that your donations are being used in the best possible way in order for Pelham Cares Inc. to provide much-needed services to those in need.

JANE GILMOUR, PRESIDENT  
PELHAM CARES INC.

## ■ COLUMN: Pelham Public Library

# March break around the corner

### FRAN OILES

**M**arch break is almost close enough to taste, my wish is for plenty of snow for playing in for the children who are off school, and no snow for the parents who have to drive them to various activities.

Fortunately, here at the Library weather makes no difference so whether there is lots of snow or none at all, children can still have fun. To engage in the activities organized by our children's department, someone will have had to sign them up and pay in advance, so here is a friendly reminder to sign up. There is room for more participants in most of the programs, with the exception of "Magician in the Making," "Mad Scientist" is almost full. (I am writing this Feb. 20) Pick up a list at either branch of the library, choose and register. Happy noise will result. While children are enjoying March break, their par-

ents are probably conscious of the tax. Time. Prepare yourself by planning ahead. The tax planning seminar will be on Feb. 26, at 6:30 p.m. and is free but please pre-register.

On a more exciting note, come and meet Dorothy Seabourne who has taken 12 trips to Europe on a motorcycle over the past 30 years and has written a photo-filled book about it. "Dreams to Memoirs" is the title. The presentation will be on March 4 at 7 p.m. The cost is \$4 and pre-registration is required. Dreams to Memoirs will be available to purchase for \$40.

Are you looking for a job now or will you be in the future? Niagara College Employment and Training Solutions is presenting a series of seminars on various job hunting skills. The first seminar on March 17 from 2 p.m. to 4 p.m., is on resumes and cover letters. It is free but pre-registration is required. Almost everyone could benefit from this seminar or the

other two, on Interview Skills and Second Careers, on April 15 and May 12 respectively.

Finally, now the sap is rising and the nest-building, basement/garage clearing fever is upon us, we at the library hope that if you have any bookcases that you think weeding out you'll think of us. Our twice-a-year book sale will happen during the last week in March and, as ever, we need lots of good books to sell. Donate at the Fonthill branch whenever the Library is open.

Now, supposing you want more books rather than fewer, and, after all, if you borrow them from us you only have to give them temporary shelf room, we have some new young adult series to bring to your attention. There is the Mortal Instruments series by Cassandra Clare for instance. "City of Bones" is the first volume and "City of Ashes" the second. Very exciting, very weird, the U.S. through a distorting lens.

Another similar but different series from Down Under, a New Zealand writer who lives in and writes about Australia, in the Recon Team Angel series of which we have "The Assault" and "Task Force".

For slightly younger children, may I suggest the Seven Series: seven adventures, engaged in seven journeys, by seven authors. All are exciting. The authors are all skilled children's adventure story writers such as Sigmund Browner ("Devil's Pass") and Eric Walters ("Between Heaven and Earth") and the books make a rewarding read. Fantasy is prominent in "Hockey Pockey" by Jerry Spinelli, which is not part of a series, and humour in "Liar, Liar," "Flat Broke," and "Crush" which are a series about Kevin (the Liar) by Gary Paulsen.

That about does it for this installment. Don't forget our book sale. I hope to see you at the library donating and buying books.

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**CRITELLI'S**

# LOCAL NEWS

## ■ FIREFIGHTER APPRECIATION

# Artist says thank you through art

MELISSA MANGELSEN  
Pelham News Staff

When someone saves your life and your house from burning down, how do you thank them?

For Welland artist Catherine Gouthro, there was only one way she knew how — through art.

After a fire leveled her neighbours' two-storey garage and melted the siding on her own home, the vision of what the firefighters did that night to save her home from going down too wouldn't Gouthro's her mind.

In the midst of the Nov. 17 early morning fire, her neighbour Joan Simpson managed to take a photograph of a firefighter behind a haze of smoke.

"It was such an amazing photo that I decided to paint it onto a table out of appreciation to the fire department," said Gouthro.

The finished table is availa-

ble in a free draw to full-time or volunteer Niagara firefighters.

Seeing what the firefighters did for her that night hit close to home, because she has a 22-year-old son, Jeffrey, who is a firefighter.

"As a mom of a firefighter, I felt a bond with them when they came out that night. We weren't able to go back into our home until after 3 a.m., and they stayed there the entire time. They kept checking the attic to make sure everything was OK before they left," said Gouthro.

Her eldest son, Jesse, who is 23 puts his life on the line to help others as well. He is in the Canadian Armed Forces, stationed in Petawawa.

Though her home didn't catch fire, the scene from his kitchen window was movie-like. The fence that separated her property from her neighbours' was acting like a match.

"We went out there and

soaked it down because we saw how it was spreading the fire. The fire department said that probably saved our house," she said.

"It was so frightening, eerie and spooky to see your house melting before your own eyes."

Gouthro does her artwork on used furniture, giving it new life.

"Our dumps are burning garbage on a daily basis, polluting our planet. I want to see us stop being a throw-away society and recycle these things," she said.

Her artistic ability came as a slow show of dedication and perseverance.

Over the years, she has developed her own style as a free-hand artist.

"I don't do any sketches before I paint. I just paint free-style, all by hand."

The table will be on display at Above and Beyond Cupcakes and Cafe at 393 King St for the next two weeks.

"They were just a great group of people who I felt safe with. I was well looked after and I wanted to say thank you with what I do best," she said.

Full-time or volunteer Niagara firefighters who want to enter the draw should send their name, phone number and area they work from to Gouthro at catherine's artwork@hotmail.com or visit her Facebook page at [www.facebook.com/ArtworkonFurniturebyCatherineGouthro](http://www.facebook.com/ArtworkonFurniturebyCatherineGouthro)

[melissa.mangelsen@sunmedia.ca](mailto:melissa.mangelsen@sunmedia.ca)

MELISSA MANGELSEN/  
PELHAM NEWS STAFF

After a fire nearly destroyed her home, Catherine Gouthro wanted to say thank you to the firefighters who saved her life and house. She did that the best way she knew how — through her artwork. The table will be given away through a free draw open to Niagara firefighters on March 29.



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The images chosen by the PBA committee will best showcase our five villages; Effingham, Fenwick, Fonthill, North Pelham and Ridgville and the various industries that we offer; Farming, Housing, Waterways, Parks and Goods and Services.

The photographer's chosen will get **FULL CREDIT** for their photo on a Lamar billboard or in a Biz Niagara magazine ad.

They will also be featured on PelhamBusinessAssociation.com and MyPelham.com

The photographer needs to be a resident of Pelham. They do NOT have to be a PBA member.

**Deadline:**  
Friday, March 7, 2014  
Send through we transfer to [natalie@fivebyfivedesignstudio.com](mailto:natalie@fivebyfivedesignstudio.com)

Please include your full name and contact information in the transfer.



For more detailed information visit

[PelhamBusinessAssociation.com](http://PelhamBusinessAssociation.com)

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## RECREATION PROGRAMS & CLASSES

### Zumba Fitness @ Pelham Arena

Tuesday Mar 4 7:00 pm - 8:00 pm

Thursday Mar 6 9:30 am - 10:30 am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

### Walking Club - Everyone is welcome! - Mar 4 and Mar 6

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

### Arena Programs

Public Skating	Adult Public Skating	Adult/Preschool	Men's Shinny Hockey	Women's Shinny Hockey	Women's Learn to Play Hockey
Friday Feb 28 Cancelled Sunday Mar 2 Cancelled Tuesday Mar 4 7:30-8:30 pm	Thursday Mar 6 1:00 - 2:00 pm	Tuesday Mar 4 1:00 - 2:00 pm Friday Mar 7 10:00 - 11 am	Tuesday Mar 4 8:00 - 9:00 am Friday Mar 7 9:00 - 10:00 am	Monday Mar 3 10:00 - 11:00 am Thursday Mar 6 10:30 - 11:30 am	Thursday Mar 6 9:30 - 10:30 am



**Please note:** There will be no Public Skate on Friday, Feb. 28 or Sunday, March 2 due to a hockey tournament.

**"Get Active for Life"** Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 am	Peace Park (Nordic Walking) (Poles available for use.)	Woodstream Park (Walking)	Peace Park (Walking)	Woodstream Park (Walking)	Cherry Ridge Park (Walking)
6:00 - 7:00 pm	Cherry Ridge Park (Walking)	Peace Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit [pelham.ca](http://pelham.ca) or contact [jcook@pelham.ca](mailto:jcook@pelham.ca) or call 905-892-2607 ext. 329.

## COMMUNITY EVENTS & NEWS

**NOTICE OF PUBLIC MEETING re: Development Charges By-Law & Background Study - Wednesday, March 19, 2014, at 6:30 pm, Pelham Town Hall** Pursuant to Section 12 of the *Development Charges Act, 1997*, the Town of Pelham will hold a public meeting to present and obtain public input on the Town's development charges by-law and underlying background study. Visit [pelham.ca/calendar](http://pelham.ca/calendar) for details.

**Pelham Community Garden Public Meeting - Thursday March 6, 2014 from 6:00 pm - 8:00 pm at Old Pelham Town Hall (491 Canboro Rd, Ridgeville)**

What do you think, should Pelham have a Community Garden? Have your say! Join us for refreshments and a discussion about gardening a plot or donating your time/resources to create and maintain one. Hope to see you there. Visit [pelham.ca/calendar](http://pelham.ca/calendar) for details.

**Farmers' Market Vendor Applications -** The Town of Pelham is currently accepting vendor applications for our 2014 Farmers' Market, which will run each Thursday starting May 1<sup>st</sup> and ending October 30<sup>th</sup>. Vendor stalls are \$30.00/week or \$200.00/season. Application packages are available on [pelham.ca/farmers-market](http://pelham.ca/farmers-market) and at Pelham Town Hall.

**Pelham Mayor's Gala Tickets Now Available -** On Saturday, May 24<sup>th</sup>, 2014, Mayor Dave Augustyn and community volunteers will host the Sixth Annual Pelham Mayor's Gala at Lookout Point Golf & Country Club. Tickets are "NOW" available and sell out fast! Individual tickets are available for purchase at \$135 each. Partnerships are also available through the "NEW" Mayor's Gala Champions Program. Please contact 905-892-2607 ext. 337 or [mbscher@pelham.ca](mailto:mbscher@pelham.ca).

**Pelham Tax Due Dates -** Mark your calendars for the first and second tax installments which are due February 28<sup>th</sup> and April 30<sup>th</sup>, respectively.

## TOWN OF PELHAM MARCH BREAK CAMP

Get ready for another exciting year at Pelham's March Break Camp!

Monday, March 10 to Friday, March 14, 2014

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Open to Children ages 4-12!

Spaces are filling quickly - Register early to avoid disappointment!

Full details and registration forms available at  
[www.pelham.ca](http://www.pelham.ca) and at Town Hall.



# LOCAL NEWS

■ **FOOD DRIVE:** Donations have been down during this cold winter

## Open Arms Mission gets boost from Pelham Friends

MELISSA MANDELKEN  
Pelham News Staff

Open Arms Mission in Welland has received a shot in the arm from Pelham Friends Church.

The church gathered about 30 volunteers to go to the doors of 350 homes last Saturday to collect non-perishable food items for the mission.

"This means a lot to us," said mission CEO Jerry Vanderklok.

"This time of year is really slow for us because people are still recovering from Christmas. This winter has also been really cold and people seem to be donating less.

"Our demand at Open Arms is high. Whenever grocery prices go up, as they have been, our donations slow down."

He said donations were also down from last fall's Welland Food Drive.

"It has been an extremely tough winter," said Vanderklok.

Pelham Friends Church went to nearby homes and left a card at doors making residents aware that on Feb. 22 volunteers would return to pick up any items that were left outside front doors. The church also opened its doors as a drop-off centre Saturday.

"This community is just so generous. Our goal was to feed 100 families with this food drive," said lead pastor Mathew Bradbury.

"It was a lot of fun for us to do this, but it's also great knowing that it is helping someone else."

Of the 30 volunteers who came out Saturday, the youngest was seven, the oldest in her 70s.

In the past the church has donated to Pelham Cares, but Bradbury said it saw a need at Open Arms Mission.

Vanderklok said typically if the



MELISSA MANDELKEN/PELHAM NEWS STAFF

A group of volunteers who call themselves Pelham Friends, from the Pelham Friends Church on Halst St. in Fonthill, came together Saturday to go door-to-door and collect food donations for Open Arms Mission of Welland Inc.

mission see about 30 families a day that is a busy day.

"This year we've been seeing over 40 families a day. There are a lot of people out there who are living in poverty and a lot of them

are the working poor. With the winter being so cold, too, gas and hydro bills have been skyrocketing. Bills are going up, groceries are going up, but wages are staying the same," he said.

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and look for this symbol



# LOCAL NEWS

## IN BRIEF

### East Fonthill site master plan

Pelham council was presented with concept drawings outlining plans for six distinct blocks that will include various land uses, and all permitted uses under the approved secondary plan.

The goal is to provide complete streets that

accommodate pedestrians, cyclists and motorists, and streetscapes that include roundabouts, trails, parks and public squares that complete the town's urban design guidelines.

Developer the Allen Group reiterated plans to build a 30,000-square-foot medical centre that will include room for family doctors, specialists, minor surgery, a pharmacy, laboratory, physiotherapy, optometry, radiology, geriatric clinics, health and wellness clinic, nurses and nurse practitioners.

About 120 units are also planned for a seniors complex, including independent and assisted-living options and a health

and wellness centre. An 80,000-square-foot commercial retail complex is expected to include a grocery store, fast food establishment and various other retailers.

### Parking ticket changes

As of July 1, the Ontario Courts of Justice will no longer provide a forum for the prosecution of parking infractions. Consequently, council agreed to create an administrative municipal penalty system to help deal with the enforcement, collection and appeal process for parking tickets.

### Julien School is coming

Pelham council approved a zoning amendment application for the commercial property located at 170 Hwy. 20 W. to include a spot for the Julien School for Alternative Learners. It is an Ontario Ministry of Education-accredited private school catering to students with special learning needs. The school expects to have about 20 students ranging from pre-school to high school and might offer adult programs if required.

melissa.mangelsen@sunmedia.ca



**Richard Brown**  
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## Future of Maple Acre library in limbo

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 Correspondence: Dr J. A. Hodge, Department of Internal Medicine, University of Colorado Health Sciences Center, 1600  
 14th Avenue, Denver, CO 80202, USA. (fax: +1 303 762 3400; e-mail: jay.hodge@ucdenver.edu).  
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# LOCAL NEWS

■ **HEALTH:** Close to 30 companies add their efforts

## Heart and Stroke campaign hits the streets

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Valentine's Day is over, but many local residents are still worried about their hearts.

The Heart and Stroke Foundation has been running a month-long campaign to raise money and awareness for cardiovascular health. Volunteers have been asking for donations

door-to-door and a number of local businesses are also helping the cause.

Service Experts Heating and Air Conditioning has signed up to raise money and match donations made in St. Catharines. Sarah Pritula, Niagara area manager for the Heart and Stroke Foundation, said Service Experts has been a big

help in the campaign.

"They are probably the most engaged group of volunteers for Heart Month that we have this year," she said.

The local business plans to match up to \$100 per donation that is given through its website or at its St. Catharines location.

Another 30 companies in Niagara are also participating, col-

lecting donations and hanging up little red paper hearts to show support.

Heart Month is more than half over, but residents are urged to keep giving to the cause. The foundation is also still accepting volunteers to help with the campaign.

"We never turn anyone away who wants to volunteer," Pritula said.

She said with all the snow dumped on the region this winter and with more likely to come, residents should be aware of their cardiovascular health before they start shovelling.

According to the Heart and Stroke Foundation, more than 55,000 Niagara residents are hospitalized because of heart issues each year. Twenty percent of residents over the age of 12 have high blood pressure, the No. 1 risk factor for heart disease.

Statistics Canada states heart diseases and strokes are two of the three leading causes of death in the country.

Donations to Heart Month can be made online through serviceexperts.ca or at heartmonth.heartandstroke.ca



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# LOCAL NEWS

## IN BRIEF

### Police seek driver after pedestrian hurt

Police are seeking a hit-and-run driver they say struck and critically injured a man in Grimsby. Niagara Regional Police say at about 2:25 a.m. Saturday, emergency crews responded to a pedestrian who was struck on Ontario St. at the QEW westbound ramp. A 24-year-old Grimsby man was hurt after he came

into contact with a vehicle in the northbound lane. Police say the man landed on the asphalt road surface with significant force and suffered life-threatening head injuries. He was taken from the scene by ambulance to the Hamilton Health Sciences - General Site where Sunday afternoon he was listed in critical but stable condition.

The driver of the vehicle failed to remain at the scene, and fled the area without stopping, police said. Investigators are not releasing a description of the suspect vehicle at this time. However, they urge the driver to contact Niagara police.

### Youth charged in vandalism spree

Police say a male youth faces criminal charges after

a collision and vandalism spree in east Grimsby.

On Saturday at about 8 a.m., Niagara Regional Police responded to Tonawawk Dr. and Arrowhead Lane to investigate reports of

overnight damage to several vehicles in the area. Police say a 15-year-old male Grimsby resident took his mother's vehicle without her consent earlier in the evening. Police suspect he was later involved

in a crash and fled the scene. They also allege that to make the damage to his mother's vehicle appear to be from random vandalism, he returned to the area later and vandalized several parked

cars. Total damage was estimated by police at \$4,000.

Police arrested a 15-year-old Grimsby resident, who faces a number of charges.

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## ■ NIAGARA COLLEGE

# Arabian Knights

MARYANNE FIRTH  
Pelham News Staff

Niagara College is heading east — way to the Middle East. And it's bringing back millions of dollars to invest in the region.

The college learned last week it won a bid to operate a hospitality, tourism, culinary and business campus in Taif, Saudi Arabia, beating out 20 other institutions from across the globe.

The news came after a worldwide tender was issued last fall by the Colleges of Excellence of Saudi Arabia.

Top schools were sought to train students in a variety of sectors at 26 vocational and technical training colleges

built and owned by the Saudi government.

"It's rewarding to know we beat out colleges in Australia, the U.K. and the U.S.," said Sean Kennedy, Niagara College's vice-president of student and external relations.

"Our programs are recognized as top class. We were pleased to come out on top."

The bid was broken into two pieces — 30% based on price to operate programming and 70% based on each school's ability to provide quality training.

"Our bid was at the very top of the technical scores," Kennedy said, noting that played a large part in Niagara being awarded a five-year contract.

Kennedy was not able to divulge the college's financial

bid, but said the "net benefit paid to Niagara College, to be reinvested in programs, services and facilities, will be in the millions of dollars."

Work is underway to finalize negotiations and necessary details to see the partnership move forward, he said. The Taif campus is under construction and scheduled for completion in the coming months.

If all goes as planned, programming will begin in September with 150 to 200 students who will undergo English language training and academic skills acquisition.

Successful students will then continue into business, hospitality and tourism diploma programs in September 2015.

By the end of the five-year run,



SUPPLIED PHOTO

Niagara College has won a bid to operate a campus in Taif, Saudi Arabia. The Middle East campus for the school whose mascot the Knights is pictured above.

Kennedy is anticipating the campus will grow to 1,000 students with about 100 staff and faculty members. Both Canadians, including Niagarans, and Saudi Arabians will be hired to staff the campus.

Operating Taif's hospitality and tourism campus seemed like a "perfect fit," as many of the programs offered will mirror those available at the college's Niagara-on-the-Lake campus, Kennedy said.

The Taif campus will have a restaurant on site, as well as a teaching hotel to provide hands-on learning experiences and work opportunities for students.

The partnership, Kennedy said, "gives us a chance to link globally with major employers," including some of the world's top hotel chains.

It's also an opportunity to "diversify revenue streams here," he said, as the

college is always looking for additional ways to fund the high-quality programming offered locally.

Kennedy explained there's "a lot of work to be done" before the Taif campus can be ready to go for the fall, making this "an exciting and daunting time."

This is not Niagara College's first time working in the Middle East nation.

The school has worked in partnership with the King Faisal Specialist Hospital and Research Centre since 2006 delivering office administration training in the cities of Riyadh and Jeddah.

Niagara College has a "global reputation of excellence," Kennedy said.

"We're centred in Niagara, but globally linked."

maryanne.firth@sumedia.ca

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by Bernard Shaw

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by J.B. Harkin

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### When We Are Married

by J.B. Priestley

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May 10 - 8pm



### The Philadelphia Story

by Philip Barry

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# CANADIAN TIRE



## BUY 3 GET THE 4<sup>TH</sup> FREE\*

Buy 3 of any tire shown below at our regular price and get the 4th identical tire for FREE!

\*Balancing, taxes, eco fees extra (including free tire). Must purchase three of the same tire model to get the fourth identical one free.

\*Financed on a 12-month equal payments plan. Applicable taxes, tire disposal fees and balancing not included.

**REG 125.99**  
/EA. MSRP

**FINANCING 31.50<sup>1</sup>**  
/month

30T/205/65 R15

**MOOREMASTER**

**TOTAL TERRAIN A/P**

**HIGHWAY**

**TIRE SPEED S** 24-HOUR SPEED INDEX

**VEHICLE LIGHT TRUCK/SUV**

Four wide circumferential grooves and center rib flex hydroplaning while improving traction in snow.

**REG 129.99**  
/EA. MSRP

**FINANCING 32.50<sup>1</sup>**  
/month

30T/205/65 R15

**GOODYEAR**

**ALLEGRA FUEL MAX**

**TOURING**

**TIRE SPEED T, H, V**

**VEHICLE LUXURY SEDAN**

Reduced rolling resistance while providing some fuel wear and traction performance as other Allegra tires.

**12  
EQUAL  
PAYMENTS\***

**NO FEE**

**NO INTEREST**

\*Monthly payments  
on credit back  
page M1203

## SAVE \$70

when you buy a set of four Michelin Defender, Latitude Tour HP Premier or Pilot Sport A/S 3 tires

**FINANCING 110.49**  
/EA. MSRP

**FINANCING 36.83<sup>1</sup>**  
/month

30T/205/65 R15

**MICHELIN**

**DEFENDER**

**ALL-SEASON**

**TIRE SPEED T**

**VEHICLE SEDAN**

Silica-based compound provides exceptional wet traction and enhanced grip. Tire rated at 45,000km treadwear rating.

**FINANCING 182.49**  
/EA. MSRP

**FINANCING 60.83<sup>1</sup>**  
/month

30T/205/65 R15

**MICHELIN**

**PILOT SPORT A/S 3**

**PERFORMANCE**

**TIRE SPEED V, W, Y**

**VEHICLE SPORT SEDAN/COUPE**

Ultimate ultra high performance all-season tire



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**PRIMWAY DRIVE  
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905-732-7501**





# PELHAM DATEBOOK

## FEBRUARY 27

### CLASSIC BOOK CLUB

at Wainfleet Township Public Library, 2 p.m. to 3 p.m. This month's selection is Alice's Adventures in Wonderland, by Lewis Carroll. To obtain a copy of the book, please register as a book club member.

### FAMILY MENTAL HEALTH

Education Coping Skills Workshops at Port Colborne Public Library, 6:30 p.m. to 8:30 p.m. These workshops are intended for families and significant others who have an adult relative who is dealing with a serious mental health problem and/or co-occurring disorder. All workshops are free. Registration is required. Call

905-894-6808.

## FEBRUARY 28

### FREE TAX CLINIC

at Port Colborne Public Library, Free tax return preparation. Call the library at 905-834-6512 to see if you qualify and to book an appointment.

## MARCH 1

### CHILI COOKOFF

hosted by Royal Canadian Legion Branch 56, Port Colborne. Entrance is free and everyone is welcome. Bring your best chili recipe. The cookoff runs 1 p.m. to 5 p.m. Prizes

for first, second and third place. Admission is \$5 a person to come out to taste and judge the best chili around.

### MEDITATION

Marcia leads you through different types of meditation, at Pelham Public Library, 2 p.m. to 4 p.m. Great for beginners and people who have meditated before. Bring a pen and notebook. Cost \$3; register ahead.

### TO THE MOON AND BACK

fundraiser dinner and silent auction for Niagara Children's Centre is at Sam's restaurant, in honour of local boy Carter Luey, who was diagnosed with Autism Spectrum Disorder and Fragile X Syndrome. Last year nearly \$4,000 was

raised. Tickets for this fundraiser are \$50 a person. Auction donations welcomed. For tickets and more information visit the Facebook event page at [www.facebook.com/events/37657723800647/](http://www.facebook.com/events/37657723800647/), or contact Christina Hall at 905-788-4685 or Chinch7@hotmail.com.

### MASQUERADE BALL

The Hungarian Hall in Welland, 361 Hellems Ave., is holding a pre-Lenten masquerade ball, dinner and dance. Prize for best costumes. Chicken soup, cabbage rolls, beef stew with orzo, salad, coffee, tea and dessert. Live music. Tickets: Adult \$30; student (7-14) \$15. For tickets call Anna at 905-735-0959, Eva at 905-734-3593 or Tibor at 905-735-6447.

### INTERNATIONAL WOMEN'S

Day performances and art exhibition

at Roselawn Centre for the Arts, 296 Fielden Ave., Port Colborne, noon to 6 p.m. Local female artists: woodcarving, watercolour, pottery, photography, beadwork, acrylic. Cost \$25 for adults; \$15 for seniors and students. For tickets call 905-834-7572 or see [facebook.com/CelebratingWomenAndTheArts](http://www.facebook.com/CelebratingWomenAndTheArts).

## MARCH 3

### BOAT OPERATOR'S COURSE

offered by Port Colborne Power and Sail Squadron, March 3, 4 and 5, 7 p.m. to 9:30 p.m. at the Church of Jesus Christ of Latter-day Saints, Welland. Cost: \$70. Register at [www.boatingcourses.ca](http://www.boatingcourses.ca).

Continued on Page 20



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## FEW MANY SAVINGS

Thursday February 27 - Sunday March 2, 2014

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Niagara Region





# CANADIAN TIRE


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MotoMaster Formula 1 Conventional Motor Oil.  
Removes harmful deposits and acids.  
5W20, 5W30 and 10W30 grades. 28-8911X.



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**Sale 3.19-3.39 Reg 4.99-5.29**

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**Oil Change\* Package Includes:**

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- MotoMaster oil filter
- Vehicle inspection
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**Plus Peace Of Mind:**

- Road-ready inspection
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- Battery test
- Visual brake inspection

**Appointments are recommended, but not necessary**

\* Up to 5L Quaker State Conventional oil (Assorted grades). Some vehicles may require more. MotoMaster filter (up to \$5 value) may not fit some vehicles. Additional fees and charges may apply for vehicles who require more oil or different filter. Eco fees where applicable are extra. ††Most vehicles.



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# PELHAM DATEBOOK

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### GOURMET CHICKEN BREASTS

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- Broccoli & Cheese • Caesar

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**BREADED CHICKEN BREASTS**  
3 DAYS ONLY  
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- Original • Spicy • Crispy
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From Page 18

### MARCH 4

#### PANCAKE SUPPER

First Lutheran Church, 688 Elm St., Port Colborne, 5 p.m. to 6:30 p.m. Pancakes, sausage, bacon, tea, coffee and dessert. Adults \$7, children 4 to 10 \$3. For tickets call 905-834-0590 or 905-835-8111.

#### PANCAKE SUPPER

at Wesley United Church, 244 First

Ave. N., Welland, 5 p.m. to 7 p.m. Pancakes, sausages, desserts, tea and coffee. Adults \$7, children three to 12 \$4, under three free. All welcome.

#### PANCAKE SUPPER

at Holy Trinity Anglican Church, 4 p.m. to 7 p.m. Pancakes, sausages, dessert, tea and coffee. Adults \$7, under 12 \$4.

Continued on Page 22



AARON BOGGIO  
R.Ph. B.Sc.PHM



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#### VITAMINS SUPPLEMENTS AND HERBALS

Contrary to popular belief there really is no magic pill. Many people come in search of the right vitamin, or supplement, hoping it will help them sleep better, feel better, or perform better. Unfortunately there really aren't any magic supplements that can cure all that ails you. Even prescription medications are limited. They can lower your blood pressure or your cholesterol but no pill is going to fix everything.

People want to take herbals because they feel a natural product is "safer" for them. This is not necessarily true. Whether you are taking a prescription medication or a natural product you are putting a chemical in your body which can alter your body's chemistry. As such you are subject to the effects of the medication either good or bad.

Pharmacists are not against herbal products. Many of them have evidence to show they can provide some benefit. However, not all herbals and natural products have undergone standardized testing to ensure that they only contain what's on the label. It has even been shown that some products contain very little of the ingredient they are being sold for. As a consumer it is important you educate yourself regarding which manufacturers have their products tested, and which companies conduct clinical trials to ensure their products are safe and effective. Some companies now have an NPN number on their products. This number serves as notice that their products have been tested and contain what is claimed on the label.

As far as supplements are concerned the best thing to do is follow the Canada Food Guide. A well balanced diet can provide you with all of the vitamins and nutrition you require. The few supplements that may be worthwhile to purchase are Calcium and Vitamin D. Even though a well balanced diet most people do not get enough of these. Recent studies show that almost everyone has a vitamin D deficiency. New evidence shows that vitamin D is important for bone health as well as preventing some cancers. It is also important to make sure you are getting enough Omega 3's (DHA and EPA). These supplements are linked to both heart and brain health. Again, they are deficient in most people's diets.

If you are interested in taking a supplement or vitamin consult your doctor or pharmacist. Many times you don't need to spend the extra money. If you would like to take an herbal product do so much research on the company as possible. Ask your pharmacist about safety and reliability. Herbals can interact with your prescription medications and cause liver and kidney toxicity. For example St. John's Wort can affect the birth control pill, and melatonin can increase blood pressure. Many herbals can also interact with warfarin, and could be dangerous for some people to take.

It can be confusing with media and advertising if you should be taking a supplement or herbal product, please come and talk to a pharmacist if you have questions about these types of products.

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# PELHAM DATEBOOK

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### From Page 20 PANCAKE SUPPER

at Concordia Lutheran Church, 105 Welland Rd., Fonthill, 5 p.m. to 7 p.m. Adults \$7, children six to 12 \$3.50, children five and under free. Everyone welcome.

### PANCAKE SUPPER

Shrove Tuesday supper at St. Alexander parish, 5 p.m. to 7 p.m. Adults \$6, child \$4 (12 and under). Pancakes, sausages, baked beans, coffee, tea and juice.

### PANCAKE SUPPER

hosted by Knights of Columbus, 4:30 p.m. to 6:30 p.m. at St. Therese Church Hall, Port Colborne. Pancakes, sausage, dessert, coffee and tea. Adults \$6, children 10 and under \$3. For tickets call Joe at 905-832-5403, Larry at 905-835-2751 or Ron at 905-835-2676.

### GIRLS NIGHT OUT

Port Colborne Optimists hosts Girls Night Out, featuring local psychics, entertainment by Randy Thomas, Joseph's Winery tastings, hors d'oeuvres served by volunteer firemen, numerous vendors, a Zumba demonstration and Sharyn Pollard, a Miss Pole Dance Canada. Tickets are \$25 each, or 10 tickets for the price of nine, available by calling 905-834-7988. The event is at Brebeuf Hall at 300 Killaly St. E.

Doors open at 7 p.m.

### DREAMS TO MEMOIRS

Following on the heels of her popular book, *I Did, You Can Too*, Dorothy Seabourne presents stories and images from Dreams to Memoirs during her visit to Pelham Public Library. This photo book highlights the 12 European tours she has taken by motorcycle over the past 30 years. At age 73, she is making plans to tour Ireland on a "big bike" next year. Copies of the book will be for sale at the presentation for \$40. Time 7 p.m.; cost \$4. Register ahead.

March 5

### WELLAND EASTDALE ALUMNI

meets in the school library at 7 p.m. All former and present students are invited to attend. Visit [www.eastdalealumni.com](http://www.eastdalealumni.com) for info on our upcoming golf tournament and Atlantic city trip.

### MARCH 7

### RED CROSS BABYSITTER

course offered at Wainfleet Township Public Library, 9 a.m. to 5 p.m. This fun, interactive course teaches youths aged 11 to 15 how to be prepared and responsive caregivers. Cost \$45. Bring a lunch and a doll or teddy bear. Call 905-898-1277 to register by March 3 as space is limited.

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General Help  
Wanted

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30 Caps FREE**  
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## Leaf Source

### STOPS PAIN WITHIN DAYS!

*"It works! I'll take another two bottles please!"*

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again," said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there," Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided." By now you are probably wondering what is LeafSource and

why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral complex with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a rapid reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day.

Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

## LOSE THE PAIN

### LeafSource

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